

WARREN SENTINEL



"Jolly Rogers"

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Volume 64, Issue 30

F.E. Warren Air Force Base, Wyoming

July 29, 2005

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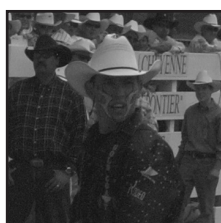
Photo by Mark Crabtree

FOUR STAR INSPECTION

Staff Sgt. Lance Anderson, 90th Maintenance Operations Squadron, gives Gen. T. Michael "Buzz" Moseley, Air Force Vice Chief of Staff, a tour of A-11 Launch Facility Saturday.

Warren
missileer
'cowboys
up'

17



Warren hosts
Fort D.A.
Russell
Days

12



Ret. Gen.
receives
military
honors

5



Commentary

Reunion: Sounds like a good thing

Tech. Sgt. Rhonda Sargent
Family Support Center

You have patiently counted down the days of your deployment and now it is time to come home. You have a whole range of feelings from sheer excitement to that uneasiness about the homecoming. You may have received a reunion briefing before your departure from your deployed location, but that may not fully prepare you for reintegrating back into the lives of your family and friends.

When you come home, you will feel many emotions and they can be very intense. Stress is usually caused by change, and reunion is a huge change. There are many things you can do to prepare your family and yourself for a positive reunion.

Communication is the single most important aspect of any relationship and is critical during a reunion. Talk to your family about how you feel and what you are expecting. Do not expect them to be mind readers. In turn, actively listen to what your family has to say. Really listen. Listening helps you understand where the others are coming from and can assist in solving problems or conflicts. Talk to other people in the same situation and you will quickly learn your feelings are completely normal.

It is guaranteed that things at home will not be as they were when you left. Your family will grow and may have become more independent. You need to

remember that independence does not mean that your family needs you any less. When you deploy, it is absolutely necessary for roles to change within the family. When you return you may see your wife changing the oil in the car or your husband whipping up an awesome family dinner. You need to be supportive of these positive changes. Many couples experiencing separation can honestly say that the deployment strengthened their marriage simply because they have a better appreciation for what their spouse contributes to the relationship.

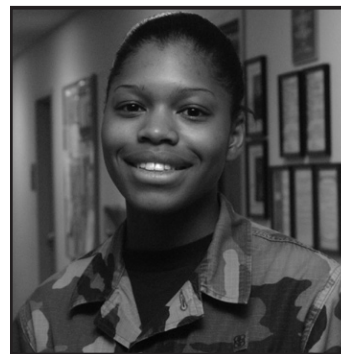
It is important to be flexible. You and your family may have totally different agendas when you arrive back home. Discuss what each family member wants to do and be ready to compromise. You also need to consider where extended family and friends fit into this schedule.

Set aside some special time to be

Reunion, Page 3

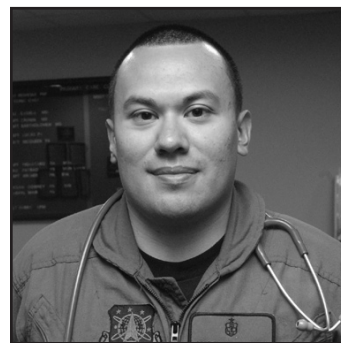
Man on the street

The Warren Sentinel asked Warren members, "If given the chance to switch to a different career field, which would you pick?"



"I wouldn't. This (medical) is what I chose. I'd stay where I am."

- **Airman 1st Class Mimi Barnes, 90th Medical Operations Squadron**



"A career enlisted aviator."

- **Staff Sgt. Emmanuel Huezo, 90th Medical Operations Squadron**



"A foreign area officer to use my language abilities and to become more involved in international affairs."

- **Capt. Deane Konowicz, 20th Air Force**



"I like services. It's the best job in the Air Force."

- **Airman Armando Rivas-Rios, 90th Services Squadron**

— Warren — SENTINEL

Editorial Staff

Col. Michael Carey
90th Space Wing Commander
Capt. Warren Neary
Chief, public affairs
Tech. Sgt. Steven Goetsch
Chief of internal, public affairs
Airman 1st Class Connor Elayan
Editor

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DEADLINES:

Articles are due to public af-

fairs, Building 250, room 201, by 4: 30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Editorial content is edited, prepared and provided by 90th Space Wing Public Affairs of Warren Air Force Base, Wyo., of Air Force Space Command.

All photographs are Air Force photographs unless otherwise indicated. Public affairs reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

Direct questions or comments to the SENTINEL at 773-3381 or e-mail at Sentinel@warren.af.mil.

Published by:

Wyoming Newspapers, Inc.
202 E. 18th St., Cheyenne, WY,
82005
(307) 632-5666
Sentinel@warren.af.mil

Commentary

Reunion, from Page 2

with your spouse. Pick up a free Reunion Child Care Certificate at the family support center and take your spouse on a date. Spending time with your children is important in re-connecting the family. However, alone time with your loved one bonds the family. Bonding goes way beyond the first days of reunion. You will need to re-establish intimacy with your spouse. Couples need to go through the relationship courtship stages again before they feel comfortable with one another. The adjustment period is a gradual thing. It could take a few months to be truly "back on track" with the relationship ... so be patient.

It is also important to make the homecoming a special time. If

you want to celebrate Christmas in March, go ahead. There are no rules to making your reunion a special one. In addition to having special time with the family as a whole, take time with each family member individually. Make it unique, make it special.

If there are new processes in place at home and they work, leave them alone. Don't just change things for the sake of change. Don't demand that things automatically go back to the way they were. You need to go slow and watch how things are working. If you see things need to be changed, discuss it with your spouse and compromise.

Discipline is another issue. If you come in like a barrel of fire

with the notion you are going to "whip things right into shape," you may be disappointed. Take it easy and slowly integrate yourself back into a disciplinary role. Otherwise, your family may harbor some resentment toward you.

You will also need to adjust some things that you consider normal such as eating, sleeping and free-time schedules. The reality of it all is that you now have to consider other people and their needs and schedules.

Many people come back from deployments with some extra cash. It is imperative to resist the temptation to spend a lot of money; if you made \$10,000 don't spend \$20,000. The key to this is to discuss and have a spending

plan with your spouse. If you are single or married, it's a good idea to save 15 percent of that extra income and invest it.

The bottom line to a successful reunion is communication and compromise. Effectively communicating with family, friends and co-workers, and compromising on important issues enrich your relationship with everyone. Take advantage of the wing support agencies that are out there for you.

The family support center, wing chaplains and the Warren Life Skills Center are just a few of the base agencies that are available to ensure that you and your family's reunion is a smooth and successful one.

6 by 8

Honor: Late space, missile pioneer buried in Arlington Cemetery

Courtesy of Air Force Print News

SAN ANTONIO -- Retired Gen. Bernard Adolph Schriever, widely regarded as the father and architect of the Air Force space and missile programs, was buried July 12 with full military honors at Arlington National Cemetery in Virginia.

After a chapel ceremony at Fort Myer, General Schriever was placed on a caisson and escorted by the Air Force Honor Guard to the cemetery. Three T-38 Talons from the 50th Flying Training Squadron from Columbus Air Force Base, Miss., performed a flyover after he was laid to rest at the gravesite.

A graveside eulogy was given by Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, followed by the U.S. flag being presented to General Schriever's widow, Joni James Schriever, by



Photo by Airman Rusti Caraker

Air Force Honor Guard pallbearers carry the coffin of retired Gen. Bernard Adolph Schriever to his burial site July 12 at Arlington National Cemetery.

Air Force Chief of Staff Gen. John P. Jumper. Also in attendance was Defense Secretary Donald H. Rumsfeld.

Under General Schriever's lead-

ership, the Air Force developed the Thor, Atlas, Titan and Minuteman missile programs, and all aerospace systems that have been launched into orbit, including those support-

ing NASA in its Mercury Man-in-Space program.

General Schriever was born in 1910 in Bremen, Germany, and immigrated to the United States in 1917 with his parents. He began his military career in the Army field artillery, but later earned his wings and a commission in the Army Air Corps in 1933 at Kelly Field, Texas.

After World War II, General Schriever was assigned to the Pentagon where he later recounted the interest by military and civilian leaders concerning the feasibility of reconnaissance satellites, especially as the nuclear age began.

In 1959, General Schriever assumed command of Air Research and Development Command, which later became Air Force Systems Command on April 1, 1961, under a reorganization initiated by him. He was promoted to full general in 1961 and retired in 1966.

Your password?

IAAP inspections begin Aug. 8

Senior Master Sgt. James Howard
Information Systems Flight

The Air Force Space Command Information Assurance Assessment and Assistance Program team is conducting an inspection of the 90th Space Wing Information Assurance Program Aug. 8 to 19.

The IAAP team inspects communication security accounts, computer security, information assurance and awareness programs, telephone security, network security, and a host of other security related items.

During their inspections, the team runs classified message incidents and virus incident exercises to assess proper response by users, unit COMPUSEC managers, and wing information assurance personnel.

Those involved with one of these exercises must follow the virus and incident checklist, located next to their workstations. If unable to locate the checklist,

members should contact their unit COMPUSEC managers.

Additionally, the inspectors will engage in a social engineering exercise aimed at gathering passwords. Their latest ploys not only attempt to ascertain your existing password over the phone, but also have you change your password to one given by them. This seems less questionable, and users are more likely to change their password when prompted to do so, rather than give out their existing password. Workgroup managers, functional system administrators, and help desk personnel will never ask you for your password over the phone.

Any attempts to elicit a password from a network user, or direction to change your password over the phone, should be reported immediately to the information assurance office at 773-5139.

For more information, contact your unit's COMPUSEC manager or the 90 SW Information Assurance office at 773-5139.

Vandenberg launches Minuteman III

Courtesy of Air Force Print News

VANDENBERG AFB, Calif. -- An unarmed Minuteman III intercontinental ballistic missile was successfully launched from Vandenberg AFB, Calif., July 21.

The mission was to demon-

strate the ability to integrate new products into the weapon system. Tracking, telemetry and command destruct systems were installed on the missile to collect data and meet safety requirements.

The launch was a team effort by Airmen from the 30th Space Wing, the 576th Flight

Test Squadron and the 595th Space Group.

The missile's one unarmed re-entry vehicle traveled about 4,200 miles in about 30 minutes, hitting a predetermined target at the Kwajalein Missile Range in the western chain of the Pacific Ocean's Marshall Islands.



Photo by Senior Airman Tonnelle Boyd

SIGNATURE SMOOTHIES

Jeremiah Salyards, a Rubyjuice employee, hands smoothies to Bobby Straub and Jim Jennings at Rubyjuice located in Freedom Hall Tuesday. The healthy snack store is open 6 a.m. to 9 a.m., 11 a.m. to 1 p.m. and 4 p.m. to 7 p.m., Mondays through Fridays and 9 a.m. to 2 p.m., Saturdays.

Briefs

Free license plates for disabled veterans

Disabled veterans who receive 50 percent or more service-connected compensation are now eligible for one free set of license plates for a car or truck.

For more information, contact the Laramie County Treasurer's office at 633-4232.

Notice for base housing residents

If you live in base housing and your contact information, rank or dependent status has changed, contact the housing office at 773-1840.

Base residents urged to complete housing survey

An Air Force-wide base resident survey has been launched to determine the level of satisfaction of family housing residents at installations worldwide.

The survey provides base-housing residents and housing managers an opportunity to respond to survey questions regarding housing facilities and services delivered.

The survey is customized for Air Force housing residents and takes about five minutes to complete.

Each resident is provided a pre-addressed, postage-paid envelope to return the survey.

An executive summary of the survey results is provided to senior leaders at the wing, major command and air staff levels and used as a basis for decisions regarding the Air Force's Military Housing Privatization Initiative, military construction needs and the future of family housing.

Building 232 off limits

Building 232 is off limits and under construction. For safety, read and obey all posted signs. The project poses potential harm to those who enter without an escort and without making arrangements. Former occupants are now located in the following buildings: pass and registration is located in Building 290. The legal office is located in Building 242. The 90th Mission Support Group and 90th Mission Support Squadron are in Building 1284. Mission support squadron testing is in Building 841.

For more information, contact Clark Varnum at 773-3271.

Eagle Eyes keeps Warren safe

Airman 1st Class Tessa Cubbon
Public affairs

Only you know who or what belongs – or doesn't belong – in your building, neighborhood, or work center.

Recognition of this fact is behind one of the latest Air Force anti-terrorism initiatives, a program known as "Eagle Eyes."

The program has characteristics of a typical neighborhood-watch program, and Air Force officials consider it a key piece in the service's anti-terrorism strategy.

According to Special Agent Adam Lohman, Det. 805 of the Air Force Office of Special Investigations, "Terrorists make it their business to pay a lot of attention to small things that, in combination, can indicate they're being targeted."

"Eagle Eyes is our model for doing just that. The simple act of recognizing suspicious behavior and reporting it to base authorities could thwart terrorist acts and save lives," he said.

At Warren, anyone with something to report should immediately call the law enforcement desk at 773-3501.

Members who see suspicious people or behavior are urged to get the make, model and license plate number of the vehicle as well as a physical description of the person.

From there, security forces will respond as appropriate to the immediate situation and pass the report directly to OSI Det. 805. Then, OSI will begin appropriate follow-up action, which may include an agent responding to talk with the person who called in the report to gain additional information on what was

seen or heard.

At the same time, the information will be quickly upchannelled to OSI's central analytical center at Andrews AFB, Md., to compare with other Air Force reports, as well as similar information from the Army, Navy and other federal agencies.

It all begins at the local level, he said, where terrorists conduct operational planning activities.

"Terrorist acts don't just happen – they are carefully planned and rehearsed many, many times in

shouldn't be shy about reporting incidents that could turn out to be innocent behavior.

"That's bound to happen from time to time, but you don't know if it's innocent until you report it and have it checked out," he said. "The bottom line is if something bothers you or doesn't seem right, tell someone."

Agent Lohman said activity that should be reported can be classified into six broad categories:

- Specific threats: any threat received by any means that contains a specific time, location or area for an attack.

- Instances of any out-of-the-ordinary person or persons monitoring activities and/or recording information.

- Any attempts to obtain security-related information – or even basic information about the base – by anyone who does not have the appropriate security clearance and the need-to-know.

- Any attempts to measure security-reaction times or strengths and weaknesses; tests of physical security barriers or procedures; acquisition of duplicate uniforms, badges, passes, or other security-related documents.

- Repetitive activities: any two or more suspicious activities by the same person and/or vehicle in a one-month period.

- Suspicious activities/incidents: any activity that does not specifically fit into the previous categories yet it is a concern to you.

"Be aware, be alert and report suspicious activities. We can't rely on just us," he said. "We need help from the base populace."



advance," he said.

The key is public awareness of what to look for and take note of – both on and off base.

"This is something the whole community needs to be involved in," said Agent Lohman. "The more eyes and ears we can enlist to be on the lookout for suspicious activity, the more difficult we can make it for terrorists to act."

Agent Lohman said people

DTS begins initial operational capability

Airman 1st Class Lauren Sixbey
Public affairs

The online Defense Travel System, where servicemembers can create orders and travel vouchers, began its initial operational capability here June 29.

DTS, a DoD program, allows members traveling on official business to purchase plane tickets, make lodging and rental car reservations and more.

"It's a cradle to grave system," said Staff Sgt.

DTS points of contact:
Staff Sgt. Jennifer Thomas at 773-3673
Senior Airman William Gonzales at 773-2906
Airman 1st Class Anesha Green at 773-3982

Jennifer Thomas, 90th Comptroller Squadron.

The system also allows members, returning from temporary duty, to create a travel voucher and make necessary changes. It does not, however, allow Airmen to process Air Education and Training Command orders and orders to the

desert.

In order to use DTS, members must have a common access card reader and pin, and a script installed in their computer that enables interaction with the DTS administrator, otherwise known as DB sign.

Though the system is

now operational at Warren, members must wait to use it until their squadron's established start date.

To help newcomers adjust to the system, each unit has an organizational defense travel administrator. The ODTA is a member's first line of defense when it comes to DTS, said Sergeant Thomas.

For more information about DTS, contact Sergeant Thomas at 773-3673, Senior Airman William Gonzales at 773-2906 or Airman 1st Class Anesha Green at 773-3982.

FRONTIERCADE '05

F. E. Warren's Annual Field Day & Family BBQ
Friday, August 26, Argonne Parade Field

An alternative duty location! Ya'll come now, Ya' hear!

F.E. Warren AFB
SERVICES
 Combat Support & Community Service

Opening Ceremony 10 a.m.

National Anthem • Invocation
 Opening remarks by Wing Commander
 Tossing of the Golden Buffalo Chip

Events for the Kids!

10 a.m. - 2 p.m. No advance sign up necessary
 Jump House • Sack Races • Egg Relays
 Tug-O-War • Face Painting

Field Day Events

8 a.m. - 1 p.m. Squadron Competition

Sign up for events at Freedom Hall or by e-mailing
Jacob.Trujillo@warren.af.mil

Commander's Buffalo Chip Toss • 5K Run
 Volleyball • Soccer • Horseshoes
 Tug-O-War • 1.5 Mile Walk • 3-Legged Race
 Human Wheelbarrow Race • Joust
 Dizzy Bat Relay • Canyon Death Walk
 100 Yard Dash • Human Specimen Contest
 (Categories - String bean, big belly, worst tan and best physique)
 Chili Cook-Off • Apple Pie Baking Contest

Free Barbecue Lunch - 11 a.m. - 1:30 p.m.

Prepared by the 90th Services Squadron & served by volunteers from the Military Affairs Committee

Hamburgers • Hot Dogs • Baked Beans
 Cole Slaw • Chips • Coca-Cola



kickback SUMMER! GRAND PRIZE DRAWING

**Trip for two to Cancun,
 Mexico or Las Vegas, NV.**

Completed entry cards must be turned to a participating Services activity by Aug. 24 or at the parade field by noon, Aug. 26.

Live Entertainment by Seven Sundays!

Closing Ceremony - 2 p.m.

Presentation of Awards by Wing Commander
 kickback SUMMER prize drawings

Frontiercade is sponsored in part by the following businesses:



No federal endorsement of sponsors intended.

Fit to Fight: General Lord urges servicemembers to incorporate fitness into daily lives

Catherine Jung
HQ AFSPC Public Affairs

PETERSON AIR FORCE BASE, Colo. – The commander of Air Force Space Command challenges each AFSPC person to incorporate fitness into their daily lives.

“Fit to Fight is more than an annual assessment — it’s about lifestyle changes leading to a combat-ready force mentally and physically prepared to meet the challenge of any event,” said General Lance W. Lord. “Fitness equals combat capability.”

The general has appointed Deena Ellin, chief of health promotion and command fitness consultant, to be the point of contact for the AFSPC Fit to Fight program.

Being fit to fight requires a well-balanced combination of cardiovascular and strength training, smart food choices and rest, said Ellin. Teams of specialists at health and wellness centers and fitness centers Air Force-wide are available to help military and civil service employees achieve their physical conditioning goals.

Many people think of the Health and Wellness Center and fitness center as one and the same, since they are usually co-located, Ms. Ellin said. However, they have two very distinct functions.

The HAWC can be compared to a physician who evaluates each person’s situation and writes pre-

scriptions based on individual needs, said Ms. Ellin. People can go to the HAWC and receive classroom or one-on-one instruction about nutrition, exercise and health risk factors. The center focuses on preventative care. It is easier to prevent injury and illness than rehabilitate someone back to good health. Once the HAWC writes a wellness “prescription,” it is an individual’s responsibility to have it filled.

Fitness centers serve as places to have that prescription filled. Each facility has a team of experts to instruct people on proper use of exercise equipment and lead cardiovascular and strength training classes.

Cindy White, point of contact for the Peterson AFB, Colo., Fit to Fight program, has worked at the HAWC and fitness center for eight years and said she has the best job on base. The certified personal trainer has been teaching aerobics since age 14 and now also leads spinning and sports conditioning classes. From the beginning of the Fit to Fight program, Ms. White has trained more than 600 physical training leaders at Peterson.

“What I do is very rewarding,” Ms. White said. “When people first come to see me at the HAWC, it’s often because they’re directed to be on a mandatory fitness improvement program. But after a few weeks, their attitude changes to ‘I’m doing this for me.’”

The HAWC offers a wide variety

of instruction and activities for all fitness levels, including a monthly Personal Wellness Profile Assessment and a Peak Performance class. Wellness Profile participants receive a 20-page evaluation of their overall wellness in the areas of fitness, nutrition, stress, safety, substance abuse, cardiovascular health and cancer risk. Peak Performance attendees learn how to start a basic strength training and cardiovascular program or make changes to a current regimen. Each base’s HAWC has a Web site with class dates and times.

The Web site also has tips for staying fit while traveling. The HAWC has free resistive strength training bands available for simple, effective workouts on the go. Complete illustrations and instructions are available online.

Staff Sgt. Autumn Redline, a certified dietary therapist and personal trainer at the HAWC, emphasized that nutrition is just as important as physical training. “Exercise without weight loss does not offer much health improvement if you’re overweight.”

To increase awareness of eating habits, Sergeant Redline recommends keeping a food log at least four days a week. The log should then be shared with a dietary therapist.

“At each meal, consume four fistfuls of food in 20 minutes. This will give your body enough time to know

if it’s satiated. If you’re still hungry, eat one or two more fistfuls and stop,” Sergeant Redline said.

The NCO also suggests sharing a meal when eating out or asking for a to-go container when ordering. Most restaurant portions are two to three times the recommended serving size for one sitting. Placing half of a meal in a to-go box before eating reduces the likelihood of overeating.

Because “one size doesn’t fit all,” the United States Department of Agriculture recently released a new interactive food guide pyramid (www.mypyramid.gov) that can be personalized, based on an individual’s age, sex and physical activity. Visit the USDA site to obtain an individualized food guide.

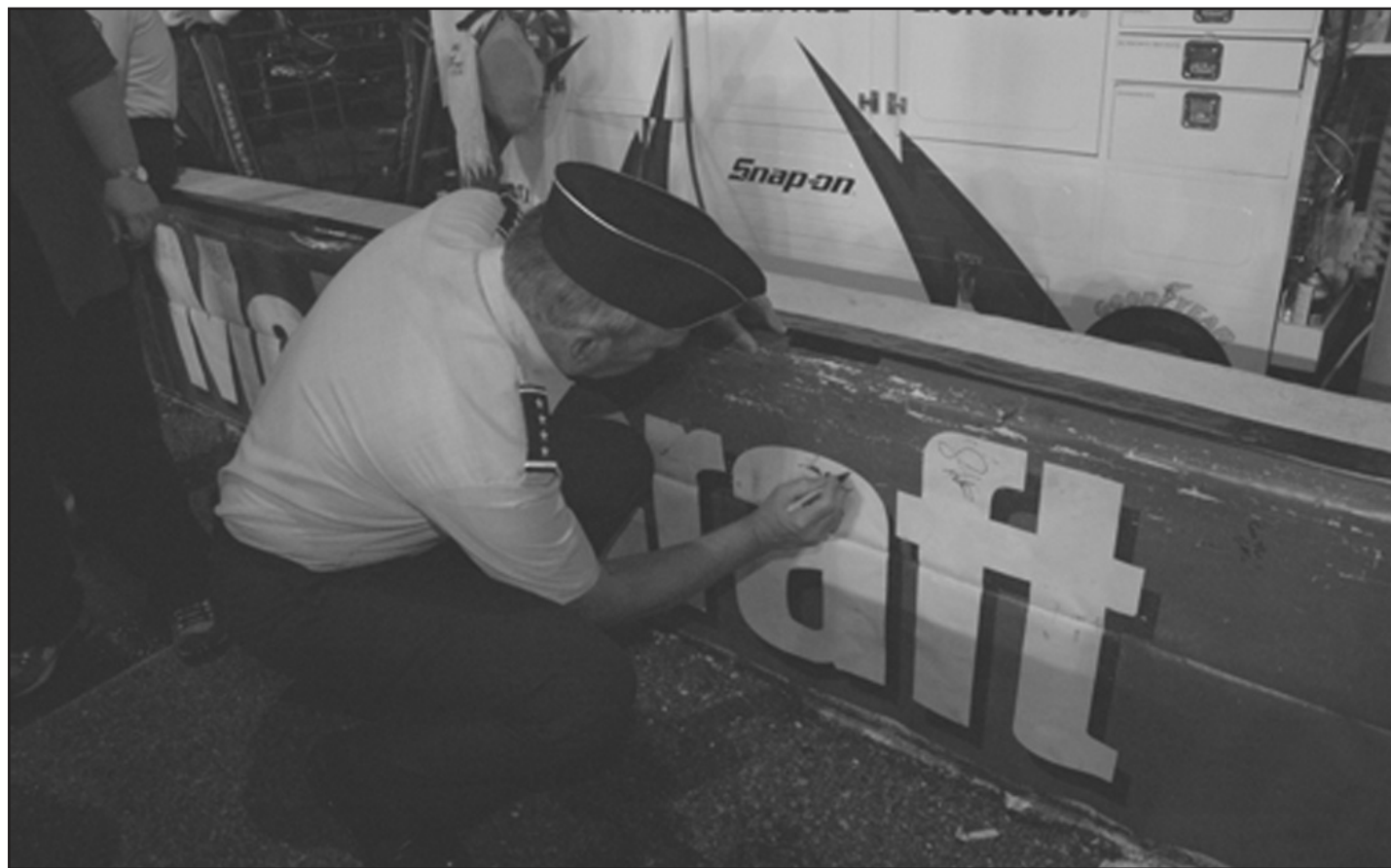
In addition to exercising and making wise food choices, being physically fit requires getting an adequate amount of rest.

Ms. White and Sergeant Redline concurred that most people need an average of six to 10 hours of Rapid Eye Movement sleep each day. Sleep refreshes the body and improves brain function, increasing alertness and efficiency.

Ms. White commented that exercising during the day improves sleep quality at night, but working out too close to bedtime may lead to difficulty in falling asleep.

Get Fit to Fight with the Warren HAWC. For more information, contact the HAWC at 773-4292.

6 by 4.5



Photos by 1st Lt. Jennifer Whitaker

FAST AND FURIOUS

DAYTONA BEACH, Fla. – General Lance W. Lord, Commander of Air Force Space Command, signs a good luck banner in the No. 21 pit. The general attended the event as an Air Force ambassador, meeting with the owners and driver of the Air Force-sponsored No. 21 race car.

Looking back

Vietnam Wall Experience helps veterans, families connect with past

Staff Sgt. Don Branum
50th Space Wing Public Affairs

COLORADO SPRINGS, Colo. – Because not every Vietnam veteran can travel to the Vietnam Veterans Memorial in Washington, D.C., a group of Vietnam veteran volunteers built a replica that could be moved around the country as a traveling display, and other organizations quickly followed suit.

The Vietnam Wall Experience came to Colorado Springs July 8. Veterans of the Vietnam and Korean wars and World War II came out with their families; so did the Young Marines, a youth education program for 8- to 14-year-olds, and officials from Colorado Springs, Pueblo and El Paso County. The honored guests, however, were those who could not attend: more than 58,000 names, scribed in gold-colored letters upon the black aluminum panels.

City officials spoke in honor of the veterans and the memorial during the opening ceremony. Attendees included Colorado Springs Mayor Lionel Rivera, Fountain Mayor Ken Barela, El Paso County Sheriff Terry Maketa and Colorado Springs Police Chief Lou Valez.

“By having the Wall (Experience) in Colorado Springs and by remem-

bering those veterans, we will honor those veterans,” Mayor Rivera said. “We should never forget the many sacrifices these men and women have made for us.”

“I find it difficult to find the right words to express my appreciation and honoring of the people whose names are on the wall behind me,” said Mayor Barela, a veteran of the 1991 Persian Gulf War.

Mayor Barela recalled a trip he and his father took to the memorial in Washington. “It was obvious he felt the need to touch the names of those he knew,” the mayor said. “I was humbled by my father’s comments and apparent memories.

“My words will never truly portray my gratitude,” he said.

Police Chief Valez, a Vietnam veteran, also addressed the audience. “We, the living, share one thing in common: we have vivid recollections of that place.

“In my case, I was 19 years old. I didn’t know much about (Vietnam), its people or even why I was there,” Police Chief Valez said. “I was a 19-year-old young man,” he repeated, then paused. “When I came back, I was much older.”

“I wish there were no more walls of granite, but I know better than to think that way,” said Colorado



Photo by Staff Sgt. Don Branum

Jack Sandstrom searches for familiar names at the Vietnam Wall Experience July 8. The veteran served in 1966 as a member of the 1st Cavalry Division and the 1st Cavalry Air Mobile Division.

Springs Fire Department deputy chief Steven Cox. “There will always be people who are willing to stand up to tyranny.”

Speakers continued to take the stage while, behind them, people began to move along the wall, searching for names of family members or friends. One attendee, Jack Sandstrom, served in the 1st Cavalry Division and the 1st Cavalry Air Mobile Division in Vietnam in 1966.

“I was with quite a few of these guys,” said Mr. Sandstrom, concentrating on the names on his list and the names on the wall. He pointed to one of the names: “Clay is right there.”

For those who visited the memorial during the Fourth of July weekend, the Wall offered a chance to connect with the past – their own, their family’s or their country’s – without having to travel across the country.

Cowboy up

Warren missileer protects at CFD



Photos by Airman 1st Class Tessa Cubbon

First Lt. Jeremy Sparks, 321st Missile Squadron, distracts a bull during the Cheyenne Frontier Days rodeo Monday.

Buffalo stampede results

Run, Warren, run! More than 100 people showed up ready to run Saturday at Warren's Buffalo Stampede organized by the 320th Missile Squadron Booster Club. The winners were:

5k Winners

Overall:

Airman 1st Class Ryan Hughes, 90th Comptroller Squadron, Devonna Reiner

Under 19:

Josh Franke, Ciara Meredith

20-29:

Kai Syvertsen, Cortnee Dalton

30-39:

Bob Meredith, Master Sgt. Yvonne Miller, 90th Space Wing

Over 40:

Brent Wagner, Denise Story

10k Winners

Overall:

Sean Wilde, Tammy Slusser

Under 19:

Scott Foley, Katie Cook

20-29:

Nick Cramer, Michelle Cassidy

30-39:

Kirk Smith, Wanda Mann

Over 40:

Rob Roedocker, Kim Boreezky

Intramural softball standings

National

Team	W	L
CES A	17	1
MDG	8	3
LRS	10	4
MSFS 6	8	5
MMXS	7	5
MSFS 2	9	8
790 B	4	5
COMM	6	8
153 CACS	6	9
321 / 400	4	11
MSFS 4	1	11
CES B	2	19

American

Team	W	L
SSPTS	11	3
790 A	11	3
90 SFS	10	3
20 AF	10	4
90 OG	9	5
319 / 320	4	6
MSFS 1	3	5
90 SFG	5	10
MSFS 3	2	10
MSFS 5	1	10

(Standings as of Tuesday.)

Heart of Fort D.A. Russell Days

Museum director brings back the history of CFD

It's happened every year for the past 11 years. People visit Warren from all over the country to experience military frontier life as it was years ago. One might ask, who is the driving force behind the living history encampment and military re-enactors of Fort D.A. Russell Days?

Paula Taylor, 90th Space Wing Museum director and Fort D.A. Russell founder, spends countless hours preserving Warren's rich history and passing it on to the masses not just during Fort D.A. Russell Days but every day throughout the year.

Airman 1st Class Lauren Sixbey sat down with Mrs. Taylor to talk about Fort D.A. Russell Days, Warren's history and her life as a fifth generation ranch daughter.

What is your involvement in Fort D.A. Russell Days?

I'm the founder of the event. When the air show moved, we lost our open house. The commander here at the time asked me to start a living history encampment.

How long has it been going on?

Eleven years. The reason we came up with it was to bring back the history of Cheyenne Frontier Days.

How has it changed throughout the years?

The military has gotten more involved. The re-enactors sporadically come from year to year. They take vacation time and pay their own way here. When Lt. Col. Kathleen Cook (90th Mission Support Group deputy commander) was here in the public affairs office, she was the first to start the Muskets to Missile display.

What do you enjoy most about Fort D.A. Russell Days?

I enjoy the continuity of the time periods; seeing the progression of the uniforms and



Paula Taylor, Warren Heritage Museum director, shows off the children's display Tuesday.

lifestyles. I also love seeing the enjoyment families obtain by visiting.

As the museum director, what does your job entail?

I see to the day-to-day running of the museum. A day's work might entail cleaning windows, talking to visitors, setting up exhibits. I have one other staffer here. Wright Patterson AFB, for instance, has 100. We try to bring information about our rich heritage and ICBMs (intercontinental ballistic missiles) and talk about how important it is to people's lives.

What is your favorite exhibit or artifact in the museum?

That's a hard choice; we have

a very unique museum here. We go from the 1800s to the present day. My answer is two fold. I would have to say the Russell uniform and the modern ICBM things are my favorites.

How many people visit the museum?

We've been getting over 20,000 annually.

Being a native of Wyoming, what has kept you here?

I'm a fifth generation ranch daughter. My family's here and what I'm trained to do is here. My master's thesis was on single women homesteaders in Wyoming from 1880 to 1930. Over 11.8 percent of homesteaders in Wyoming were single women. I also teach history of Wyoming

at Laramie County Community College.

How has the museum changed since you've been here?

I've been here for 13 years. I'm the first paid museum employee. Before me it was staffed by all volunteers. It's changed drastically over the years. Our primary mission used to be heritage. Now the primary is ICBM and heritage is second.

What do you think is really important for someone who is new to this base to do?

Do something they've never done before. Wyoming has a lot to offer them. Spend time here and enjoy it. The hardest part is going out of your comfort zone. I challenge new people to the base to do new things and learn something.

Tell me about your family.

I'm one of five children. I'm the middle child. All of us are still in this area. I met my husband while he was on active duty here. He palace chased and went to the guard. He retires in November. I have a son and daughter who are twins. They're 13 and going into the eighth grade.

What is the last movie you saw in the theater?

"Hitchhiker's Guide to the Galaxy." My favorite movie is Shakiest Gun in the West." It was the first movie I ever saw.

What's your favorite TV show?

Right now we're watching "Big Brother." I don't watch much TV. I like to read.

What is a book you can read over and over again?

"Harry Potter."

What do you do in your spare time?

I raise my kids. I don't have spare time. I'm a mom.

Trail's End Barber Shop now open

Zee's Barber Shop in the Trail's End Club is now open for business.

Barber shop hours are 8 a.m. to 2 p.m., Tuesdays through Fridays.

For appointments, call 635-5378. Walk-ins are also welcome.

Five-person paintball tournaments

Get a team together and enter the five-person paintball tournaments hosted by outdoor recreation. Prize packages are sponsored by Jax Outdoor Gear and On-Site Automotive (no federal endorsement of sponsors intended).

Tournaments are scheduled for Aug. 6 and Sept. 3.

Enter at outdoor recreation, from 11 a.m. to 5 p.m., Mondays, Tuesdays, Thursdays and Fridays. Entry fee is \$15 per person.

This includes unlimited Co2, 200 paintballs, safety equipment and marker if needed.

Official tournament rules apply.

No outside paint; paint is available for sale on site.

Prizes and awards for the tournament are:

First place: trophies, PMI paintball pants, jerseys, glove sets and coupons for 20-ounce Co2 fills.

Second place: trophies, six-plus-one packs with tubes and coupons for 20-ounce Co2 fills.

Third place: trophies, \$15 Jax gift certificates and coupons for 20-ounce Co2 fills.

For more information call 773-2988.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Family members of the deployed

are also welcome.

Family members of E-1 to E-4 active duty are welcome to accompany their sponsor during all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed?

Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling.

Xtreme Bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls.

The cost is \$7.50 per lane/per hour.

Bowl 9:30 to 11 p.m. Fridays, and 7 to 11 p.m. Saturdays.

Give Parents a Break program

Give Parents a Break is a free childcare program for active-duty members with children ages 6 weeks to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

For more information or to request a referral for the Give Parents a Break program, contact your squadron commanders, first sergeants, chaplains, medical professionals, family advocacy, family support center or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall.

Stalls are reserved one business day prior to use for \$3 per hour. One stall is available for reservations, and doesn't include a lift.

Reserved stalls are held until five minutes after the

reserved time then released to waiting patrons.

For more information, contact 773-3869.

The Spa at the aquatic center

The Spa at the aquatic center offers massage therapy, hot stone massage, couples massage, body wraps (mud, seaweed, etc.), sugar scrub, facial mask/reflex session, ear candling and air brush tanning.

For more information, call the aquatic center at 773-3195.

Mystery diner program

Chadwell Dining Facility is looking for Airmen who frequent the dining facility to be mystery diners. These volunteers will fill out a unique Hennessy award-based comment card.

Participants may also be chosen to judge the Iron Chef competition.

For more information, call Chadwell Dining Facility at 773-3838.

6 by 6

SHIRT'S CORNER

*Customs and courtesies tips
from Warren's first sergeants*

Respect: It's a tradition

**Master. Sgt.
Christopher Campbell**
90th Security Forces
Squadron first sergeant

Formally recognizing those in command has been a tradition as long as an organized military has been around.

Unless you are the president, we all serve under someone who deserves recognition for the rank they have achieved and the position they are in.

First impressions are lasting impressions, and sometimes we wish we could do things over.

If a staff car drives by, stand proudly and salute sharply. The same goes for an officer walking toward you, salute sharply and extend a verbal greeting. When your commander, chief or first sergeant walk into your section, stand and greet them. This also goes for any person in your chain of command; they have reached a position of importance and deserve to be recognized.

Listen to yourself when speaking to higher ranking members. Do you sound like you are talking to one of your "homeboys" or do you sound re-

spectful and act like a person in the best military in the world? "Yeah," and "nah," are not responses and should not be in our vocabulary as military members. Try "Yes sir," and "No ma'am," and you'll find that this will get you respect in return and create a lasting impression of your bearing on those with whom you speak.

My mother told me that you treat people as you would like to be treated. If you become a senior NCO, an officer or work in a command position you'd like to be recognized for all the hard work you put in to attaining those goals.

I joined the military knowing what I was getting myself into and what comes with the job. All those things that our military training instructors taught us need to be rekindled and used on a daily basis.

Keep in mind that you are not only representing yourself, but you are representing your squadron and in fact the Air Force as a whole. Take pride in yourself, your unit and your Air Force.

That first impression you make on leaders will be a lasting one, how do you want to be remembered?


Personnel Reliability Program is everyone's responsibility

Question: What is the "two-person" concept?

Answer: The two-person concept is a system designed to prohibit access by one individual to nuclear weapons and certain designated components by requiring the presence at all times of at least two authorized persons, each capable of detecting an incorrect or unauthorized procedure with respect to the task to be performed.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

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790th Missile Security Forces Squadron
Master Sgt. Massman

90th Civil Engineer Squadron
Master Sgt. O'Neill

90th Contracting Squadron
Senior Master Sgt. Lemke/Master Sgt. Mason

90th Comptroller Squadron
Senior Master Sgt. Winders

90th Communications Squadron
Master Sgt. Miracle/ Master Sgt. Knight

90th Logistics Readiness Squadron
Master Sgt. Shepard

90th Medical Group
Master Sgt. Carson

90th Missile Maintenance Squadron
Senior Master Sgt. McClain/ Master Sgt. Rooney

90th Maintenance Operations Squadron
Master Sgt. Phillips

90th Missile Security Forces Squadron
Master Sgt. Shanks

90th Mission Support Squadron
Master Sgt. Weber

90th Operations Group
Master Sgt. Whittaker

90th Space Wing
Master Sgt. Hughes

90th Security Forces Squadron
Master Sgt. Scheffey/Master Sgt. Downey

90th Security Support Squadron
Master Sgt. Klatt/Master Sgt. Whittle

153rd Command and Control Squadron
Master Sgt. Fowler

90th Services Squadron
Master Sgt. Stiles/Master Sgt. Swidecki



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